

Message Notes

“A Summer to Thrive—Nutrition!”

This is not a summer to _____ but a summer to _____!

We thrive with good R_____, N_____ & E_____!

When it comes to Life’s “Nutrition” in order to thrive what we do with the B_____ and P_____ matters big time!

John 15

⁵ “I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.....⁷ If you remain in me and my words remain in you, ask whatever you wish, and it will be done for you. ⁸ This is to my Father’s glory, that you bear much fruit, showing yourselves to be my disciples.

John 6

³³ For the bread of God is the bread that comes down from heaven and gives life to the world.” ³⁴ “Sir,” they said, “always give us this bread.” ³⁵ Then Jesus declared, “I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty.

But _____ does this work!

Ezekiel 2 ⁷ You must speak my words to them, whether they listen or fail to listen, for they are rebellious. ⁸ But you, son of man, listen to what I say to you. Do not rebel like that rebellious people; open your mouth and eat what I give you.” ⁹ Then I looked, and I saw a hand stretched out to me. In it was a scroll, ¹⁰ which he unrolled before me. On both sides of it were written words of lament and mourning and woe. ^{3:1} And he said to me, “Son of man, eat what is before you, eat this scroll; then go and speak to the people of Israel.” ² So I opened my mouth, and he gave me the scroll to eat. ³ Then he said to me, “Son of man, eat this scroll I am giving you and fill your stomach with it.” So I ate it, and it tasted as sweet as honey in my mouth.

Revelation 10 ⁹ So I went to the angel and asked him to give me the little scroll. He said to me, “Take it and eat it. It will turn your stomach sour, but ‘in your mouth it will be as sweet as honey.’” ¹⁰ I took the little scroll from the angel’s hand and ate it. It tasted as sweet as honey in my mouth, but when I had eaten it, my stomach turned sour.

Hebrews 4 ¹² For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.

¹³ Nothing in all creation is hidden from God’s sight. Everything is uncovered and laid bare before the eyes of him to whom we must give account.

Psalm 119

⁹ How can a young person stay on the path of purity? By living according to your word.

¹⁰ I seek you with all my heart; do not let me stray from your commands.

¹¹ I have hidden your word in my heart that I might not sin against you.

¹² Praise be to you, LORD; teach me your decrees.

¹³ With my lips I recount all the laws that come from your mouth.

¹⁴ I rejoice in following your statutes as one rejoices in great riches.

¹⁵ I meditate on your precepts and consider your ways.

¹⁶ I delight in your decrees; I will not neglect your word.

The call is to I_____, M_____, E_____, D_____

T_____ I_____, S_____ to and so take in this Word

of God in such a way that it fuels God-centered, God-honoring lives of love, obedience, service, worship—fullness!

My Lens—How do you read it?

Luke 10

²⁵ On one occasion an expert in the law stood up to test Jesus. “Teacher,” he asked, “what must I do to inherit eternal life?” ²⁶ “What is written in the Law?” he replied. “How do you read it?” ²⁷ He answered, “Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind^[c]; and, ‘Love your neighbor as yourself.’” ²⁸ “You have answered correctly,” Jesus replied. “Do this and you will live.” ²⁹ But he wanted to justify himself, so he asked Jesus, “And who is my neighbor?”

³⁶ “Which of these three do you think was a neighbor to the man who fell into the hands of robbers?” ³⁷ The expert in the law replied, “The one who had mercy on him.”

Jesus told him, “Go and do likewise.”

My lens might be:

I_____ challenge, P_____ wise living, and/or

I_____ - words of encouragement, comfort and hope!

The problem is this leaves _____ in charge!

We come S_____, R_____, H_____ to a living God who invites us into His world—His Story for our crucial role!

He speaks—we listen—we live—His word in us !